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**JUST FRIENDS?
WHEN SHACKING UP
TESTS RELATIONSHIP**

{page 9}

**APPLAUDING
ANDERSON
NEW SENS GOALIE
THRILLS FANS** {page 19}



**FOURSOME
IT'S A GIRL,
RUFUS SAYS
SCENE** {page 11}



OTTAWA

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Tuesday, February 22, 2011
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News worth sharing.

From the top of their lungs to Libya

► Reports of Libyan government officials at home and abroad resigning ► Local Ottawa residents with family, friends in Libya fear for safety of loved ones



► Chanting pro-democracy protesters gather on Metcalfe Street outside the Libyan Embassy before marching to Parliament Hill.



SEAN
MCKIBBIN
@METRONEWS.CA

Shouting "Down, down Gadhafi!" members of Ottawa's Libyan community gathered outside of the Libyan Embassy to protest the dictatorship's bloody crackdown on pro-democracy demonstrators.

"We are making our voices heard. We want the ambassador to resign and denounce the regime and we want the Canadian government to summon him to explain what is going on," said Omar El-lafah, one of the protesters.

There are reports that more than 200

"Libyan authorities must show restraint and stop the use of lethal force against the protesters."

FOREIGN AFFAIRS MINISTER LAWRENCE CANNON

people have died in the uprising in Libya, the latest country to be hit with a wave of public protests sweeping across the Arab world.

El-lafah and a group of about 80 other protesters gathered at the corner of Metcalfe Street and Slater Street, waving placards and chanting before marching to Parliament Hill.

In Vancouver, Prime Minister Stephen Harper called on Moammar Gadhafi, Libya's longtime dictator, to end the crackdown.

"We find the actions of the government, firing upon its own citizens, to be outrageous and unacceptable and we call on the government to cease this kind of violence immediately," Harper said in Vancouver yesterday.

Gadhafi's son has vowed that his father and security forces will fight "until the last bullet" to hold on to power.

WITH FILES FROM THE CANADIAN PRESS
MORE COVERAGE, PAGES 4, 8

That's a wrap

Winterlude proves to be resilient

- Record number of federal partnerships signed this year
- Indoor exhibits like the new Cool Science Saturday helped keep attendance up amid balmy weather {page 3}

Going behind the Oscar scene

E! hosts dish their red carpet tricks {page 10}



New York City smokers get butted out

Central Park added to the list of places that are non-smoking in the Big Apple {page 4}

Blogging under the bed sheets

260 days of marital sex, scribed by one Calgary duo {page 6}

No Family Day for the feds

Government employees left with few options {page 3}

FEBRUARY AND MARCH CLASSES SEATS STILL AVAILABLE!!

Accounting and Payroll Administrator

Program Objective

CPA endorsed!

The objective of this program is to train students in the practices of financial accounting and payroll in Canada. Each successful student will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems. This program also provides our students the opportunity to obtain the **Payroll Compliance Practitioner (PCP)** certification, issued by the **Canadian Payroll Association (CPA)**. The certification is nationally recognized as a standard of excellence for payroll training in Canada.

Career Opportunities

Graduates of this program will have the opportunity to enter the workplace with the skills to perform the tasks carried out by employees within accounting departments such as Accounts Receivable, Accounts Payable, Billing, Payroll and Collections. Employers are looking for competent accounting and payroll professionals who are trained to effectively collect, record, organize and prepare financial records. An accounting background is one of the first steps into Business Management.

Accounting and Payroll subject matter includes:

Technical Skills

- Bookkeeping & Financial Accounting—Levels 1 & 2
- Intermediate Accounting
- Computerized Accounting, Simply—Levels 1 & 2
- Computerized Accounting, AccPac—Levels 1 & 2
- QuickBooks
- Effective Business Writing
- Payroll Compliance Legislation (PCL)
- Payroll Fundamentals 1 (PF1)
- Payroll Fundamentals 2 (PF2)



Fitness and Health Promotion

Program Objective

The objective of this program is to provide the theoretical knowledge and the practical skills required to plan, market, and deliver safe and effective fitness and health services to individuals and groups in diverse settings.

Career Opportunities

Starting your own personal training business is an option! Corporations and hotels that offer leisure and wellness programs are other options. Opportunities also abound in:

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- Retail Fitness and Sports Stores
- Municipal Recreation Centres
- Health Promotion Agencies
- Hospitals and Rehabilitation Clinics

Fitness and Health Promotion subject matter includes:

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- Exercise Physiology
- Nutrition and Wellness
- Community and Civic Life
- Leisure Program Design & Management
- Group Exercise
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- Personal Training and Programming
- The Business of Personal Training
- Advanced Exercise Techniques

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Winter party finishes strong

Winterlude wrapped up yesterday with a final burst of attendance.

Thousands of Family Day revellers flocked to winter activities.

Unusually balmy weather on Thursday and Friday put a damper on most Winterlude events, but NCC CEO Marie Lemay said a record number of federal partnerships this year ensured Mother Nature wouldn't be able to put a total

freeze on the festival.

"Yes, some people were disappointed," said Lemay. "The good news is, when they were phoning us, we had other activities that we could offer, which again proves that this partnership is the way to go."

New this year was Cool Science Saturday, an indoor science experiment at the Canada Science and Technology Museum, which brought in close to

5,000 people.

Scott Robinson, 12, enjoyed the last day of Winterlude with his family by sliding down the ice slides at Gatineau's Snowflake Kingdom at Jacques-Cartier Park.

Lemay said more than 600,000 people attended Winterlude this year and she hopes to make next year even better by partnering with more private institutions.

JOE LOFARO



► Children pose for a photo with the Ice Hog family and Parks Canada representative Larry Ostola, right, after Winterlude's closing ceremony yesterday.

Whose family is this day for, anyway?

► Federal workers divided on whether province's holiday ought to apply to them



SEAN MCKIBBIN
@METRONEWS.CA

While many Ontarians got to take a day off and enjoy time with their families on Ontario's fourth annual Family Day, not everyone was so lucky.

Many Ottawa residents, particularly those working in the federal government, found themselves at the office, facing limited choices come lunch time.

"All the restaurants were closed," said Bogden Hude-ma, a public servant, adding he wished he'd had the day off. Others, such as Alex Giguere, disagreed.

"We have enough days off," he said.

Souheir Yassine, a federal public servant whose children are all grown up, said she would probably have spent the day relaxing at home if she'd had it off

"Of course there should be a Family Day. It's good, especially for mothers who always want to spend time with their children."

SOUHEIR YASSINE,
FEDERAL PUBLIC SERVANT

but that those with young children would make the most of the holiday.

"I have a daughter, so I would stay at home with her for sure, absolutely," said Christal McGarry, as she took a coffee break with a federal co-worker.

The co-worker, who withheld his name, said any move to allow federal public servants to take Family Day would have to be in the next collective agreement between the government and its employees.



► Stephanie Dahmer, right, head of props at the Great Canadian Theatre Company, wows kids with a blast of coloured confetti from a carbon-dioxide-powered launcher during the first ever instalment of Family Day activities at the National Arts Centre.

1

news


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On the web at metronews.ca

Guidy Mamann explores a new policy for missed correspondence by visa applicants. More at metronews.ca/immigration



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CHINA

Suspect may be in Canada

Chinese media are reporting that a low-ranking official accused of embezzling nearly 100 million yuan (\$14 million) has fled to Canada.

The reports say Li Huabo, director of the economy and construction unit of Poyang

Finance Bureau, arrived in Canada with his wife and two daughters late last month.

The newspaper Global Times reported yesterday that Huabo was under investigation and police are now trying to trace his location in Canada.

The report says that the money Huabo is alleged to have embezzled was to be used for agricultural infrastructure, such as farmland renovation and reservoir construction.

THE CANADIAN PRESS

Yemen protests continue

Yemen's leader yesterday rejected demands that he step down, but protests seeking President Ali Abdullah Saleh's ouster did not let up. Tens of thousands rallied in four cities, including the capital of Sanaa. At least 11 people have been killed in anti-government protests this month. THE ASSOCIATED PRESS

Another Mubarak has problems

A judge in Dubai, who couldn't hold back a smile, slapped Hosni Mubarak with a fine for illegally consuming alcohol in public. No, not that Hosni Mubarak. This one is a Pakistani namesake of the ousted Egyptian president who was in a Dubai misdemeanours court Sunday.

THE ASSOCIATED PRESS

Gadhafi losing grip as protests sweep Libya

THE ASSOCIATED PRESS/ALAGURI



► A girl displays the victory sign in Benghazi, Libya, yesterday, where protesters claimed control of the country's second largest city.

World calls on government to stop 'appalling' crackdown

Deep cracks opened in Moammar Gadhafi's regime yesterday, with Libyan government officials at home and abroad resigning, air force pilots defecting and a bloody crackdown on protesters in the capital of Tripoli. World leaders were outraged at the "vicious forms of repression" used against the demonstrators. Pro-Gadhafi militia drove around Tripoli with loudspeakers and told people not to leave their homes, witnesses said, as security forces sought to keep the unrest that swept eastern parts of the country from overwhelming the capital of two million people.

Protesters called for a demonstration in Tripoli's central Green Square and in front of Gadhafi's residence, but witnesses in various neighbourhoods

described a scene of intimidation: helicopters hovering above the main seaside boulevard and pro-Gadhafi gunmen firing from moving cars and even shooting at the facades of homes to terrify the population.

Youths trying to gather in the streets were forced to scatter and run for cover by the gunfire, according to several witnesses.

Gadhafi, whose whereabouts were not known, was scheduled to go on Libyan state television early today.

He appeared to have lost the support of at least one major tribe, several military units and his own diplomats.

British Prime Minister David Cameron, visiting neighbouring Egypt, called the crackdown "appalling."

THE ASSOCIATED PRESS

on the house

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N.Y.C. smokers losing last refuge — outside

FRANK FRANKLIN II/THE ASSOCIATED PRESS



► Smokers in Times Square in New York.

The smokers of New York are an endangered breed, their numbers shrinking through loss of habitat — phone booths, cold streets and office-building doorways during break.

Come summer they will have even fewer places to light up as a ban on smoking at parks, beaches and public plazas goes into effect — including Central Park and swaths of tourist-packed Times Square.

Smokers have yielded as places to puff have diminished over the years, but many of them, and even some nonsmokers, are saying the city has gone too far this time.

Even actress and TV host Whoopi Goldberg spoke out against the ban on national television, noting shortly after the city council approved the ban that inhaling exhaust

fumes from the city's fleet of taxis and buses isn't exactly healthy, either.

"There should be a designated place, and I'm tired of being treated like some damn criminal," said the co-host of ABC's The View during the show's Feb. 3 broadcast.

The city health commissioner, Thomas A. Farley, said the ban is aimed at

protecting the most vulnerable, such as asthma sufferers who are susceptible to respiratory attacks from exposure to second-hand smoke.

But most of all, he said, it was about ensuring that the city's 22.5 kilometres of beach and more than 1,000 parks were free of the nuisance and open to all. THE ASSOCIATED PRESS

Hamas bans male hairdressers

A Gaza rights group says the ruling Hamas militant group has barred male hairdressers from working in women's

salons.

The Palestinian Center for Human Rights said yesterday that five male hairdressers were interrogated and forced to sign declarations that they wouldn't work in women's salons. Male hairdressers for women are rare in conservative

Gaza where genders rarely mix in public.

Hamas tried to impose a similar ban last March, but backed down after an outcry.

It's the latest attempt by Hamas to impose its strict version of Islamic law on Gaza's 1.5 million people. THE ASSOCIATED PRESS



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One couple's quest for good sex

- ▶ Target is to have sex five days a week
- ▶ Married duo blogs experience at 260days.ca



JEREMY NOLAÏS
@METRONEWS.CA

A Calgary husband-wife duo is currently in the midst of documenting a daunting challenge likely to make even the most liberal lovers ache in empathy.

Engaging in intimacy had always been a point of contention for Ryan and Melanie since the two were married nearly eight years ago.

The couple asked that their last name be with-

held and Melanie's first name be altered to avoid workplace conflict.

As Ryan puts it, they were faced with an "imbalance in sex drives."

"I was ready to go most of the time," he said. "While her words exactly were 'I could probably do it once a year and be happy.'"

Finally, some excitement was found when the two discovered a book detailing a couple's quest to have sex for 101 consecutive days.

"It was highly motivational," Ryan said.

And that's where the intercourse expedition began.

Starting Jan. 1, the couple, both 30 years of age, began engaging in sex five times per week, all the while documenting the pains and pleasures — Kama Sutra iPad apps and massage candle wax included — online at 260days.ca.

Now, nearly two months in, Melanie says they have never been closer. "The more that we do it, the less taxing it has become," she said.



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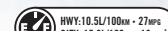
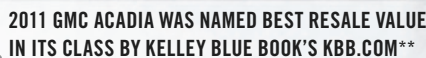
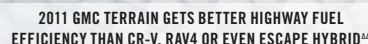
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Firms poised to pull Mideast staff

► Tripoli airport remains open to commercial flights ► Canadian energy companies have their own contingency plans to protect workers

Canadian businesses with a presence in the Middle East are preparing staff evacuation plans as political unrest and bloody revolts spread across the Arab world.

At least three Canadian companies, Suncor

Energy, SNC-Lavalin Group and Pure Technologies, were evaluating the security of operations in the country.

Jack Elliott, president of Calgary-based Pure Technologies, said the company was preparing to evacuate 14 employees.

Montreal-based SNC-Lavalin said yesterday that its employees in Libya were safe, but work on some of projects had been temporarily suspended.

Suncor spokesman Brad

"Some work on certain projects is temporarily suspended ... and we will continue to monitor the situation to determine next steps."

LESLIE QUINTON,
SNC-LAVALIN SPOKESWOMAN

Bellogs said the Calgary oil and gas company has contingency plans to ensure staff safety.

Foreign Affairs Minister Lawrence Cannon said yesterday that there are an estimated 500 Canadians in Libya and about 350 have registered with the Canadian Embassy in Tripoli.




There are no immediate plans for a government evacuation, he said.

Leaving Libya

Canada, the United States and many European nations have urged their citizens to avoid non-essential travel to Libya.

- Oil giant BP is drawing up plans to evacuate staff "in the next couple of days."
- Norway-based Statoil is pulling a "handful" of expatriate workers out of its office in Tripoli. Locally hired staff will remain in Libya but are off duty.
- Italy's Eni oil company is evacuating non-essential personnel as already scheduled following the early closure of schools in the country.

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
Closed yesterday			
	+ 0.23¢ (101.65¢ US)	+ \$4.03 US (\$90.23 US)	\$3.932 (+ 5.6¢) Gold contracts \$1,403.60 (+ \$15)

House. On fire



► Beijing recently moved to restrict home purchases in a move to deflate bubbles in the real estate market.

ANDY WONG/THE ASSOCIATED PRESS

Bubble trouble

Property prices rose in most Chinese cities last month despite renewed efforts to cool China's overheated market, the government said yesterday. Soaring prices have become a major concern for urban residents as more homes become unaffordable.

Facebook ads 'word of mouth on steroids'

As anyone who uses it knows, it can be hard to tell the ads from the content on Facebook. That's deliberate, says Facebook Canada managing director Jordan Banks.

"A Facebook ad has to be non-interruptive, timely, relevant and personalized," Banks says. In other words, the ads must look and feel just like the free voluntary content Facebook users post on their pages.

Facebook's ad revenue is projected to double to \$4.05

billion US this year. But even with a reach of 550 million followers worldwide (including 15 million Canadian visitors a month), social media continue to be a tough sell. Many brands are uncertain how to divide their budget between conventional and new media.

Banks' job is to convince the "Top 200 brands" that it's worth being on Facebook. With its massive database of users and detailed knowledge of who they are and what they like, Face-



► Jordan Banks' job is to convince big advertisers to click the "like" button on Facebook.

book offers brands an ability to connect directly to a specific segment of that audience, he says.

Banks says social media have changed the way people interact on the web. Instead of randomly clicking and searching for information, people turn to friends and family for trusted advice. The "like" button allows the brand to tie its ad to personal recommendations. "It's word of mouth on steroids," Banks says.

TORSTAR NEWS SERVICE

In your face

Tim Hortons Inc. "gets" Facebook, Banks says.

- Tim's Facebook page has 1.3 million "fans" who have clicked the "like" button, giving the company permission to deliver messages to their home page.
- Tim's runs contests and polls on its page designed to generate audience response.



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KEEPING IT CASUAL IN THE FRIEND ZONE

She says ...

JESSICA
NAPIER



All friendships require a certain amount of chemistry. But when two heterosexual people of the opposite sex become buddies, sometimes those friendly feelings can start to resemble something more like sexual tension.

Male-female friendships can be an emotional minefield of hidden desires. Does this mean you secretly want to jump into bed with all of your friends? Of course not. But do you ever wonder how many of them might be interested if the opportunity presented itself? Maybe you and your platonic pal are just a bad breakup

and a bottle of wine away from crossing that boundary and hooking up.

So, can two people of the opposite sex ever really be "just friends?"

The Hollywood answer to this age-old question is a decisive HELL NO. On screen, male-female friendships always turn into something more. Harry and Sally, Chandler and Monica, Jim and Pam ... do I need to go on? Even the characters in *Just Friends* wind up becoming much more than the film's definitive title suggests. Cinematic clichés dictate that when reasonably attractive men and women befriend one another they are always on the road to

romance, whether they realize it or not.

But how much truth is there to this friendship as foreplay theory?

"So, can two people of the opposite sex ever really be 'just friends?'"

Not a whole lot. Real life isn't a romantic comedy; men and women go to school together, work together and hang out in plenty of platonic settings without falling hopelessly in love

with one another.

Last year, a close (female) friend of mine moved in with a new (male) roommate. My immediate reaction was, "You two are definitely going to sleep together." Perhaps I've watched too many rom-coms but it seemed to me that a single man and

woman living under the same roof would inevitably end up doing it.

Much to my surprise the roommate romance never transpired; almost one year later the two of them have never even come close to seeing each other naked. Instead, their cohabitation has come to resemble a sexless marriage. They cook for each other, argue over domestic chores and insist that they never, ever think about each other "that way."

Ultimately, just because two people can have sex doesn't mean they want to. Sometimes guys and gals are better off keeping it casual in the friend zone.



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADLER



Beer and fitness do mix

Worth mentioning

Beer. It's not just for couch potatoes anymore.

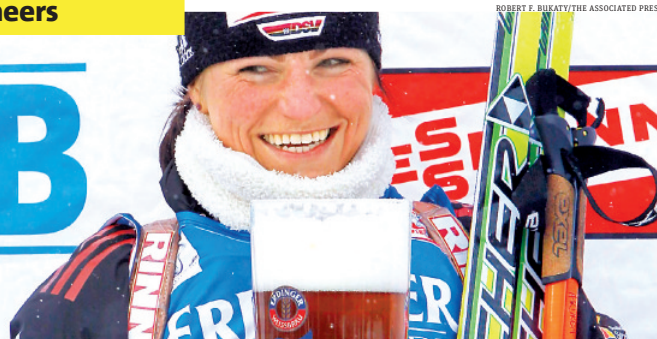
A Bavarian brewmeister is touting its no-alcohol beer as the latest sport drink for athletes, handing it out at the finish line of sporting events and touting its regenerative benefits.

Unlike Gatorade, Erdinger Alkoholfrei is served up with a frothy head. And it comes in one colour — a golden hue — unlike conventional sport drinks.

Several top athletes from Europe quaffed the beverage from giant mugs on the podium of the World Cup biathlons held this month in northern

Cheers

B



ROBERT F. BUKATY/THE ASSOCIATED PRESS

Maine.

The company touts the beverage as an isotonic, vitamin-rich, no-additive beverage with natural regenerative powers that help athletes recover from a workout. In other words, it's carbohydrate-loaded refreshment without the alcoholic buzz of beer or the jitters caused by some energy drinks.

Promoted as a "sports and fitness drink," Erdinger began targeting athletes in 2001 in Europe with an advertising campaign featuring a pair of triathletes. Its popularity quickly grew in Europe, where it's often distributed for free in the finishing area of sporting events.

THE ASSOCIATED PRESS

Are you excited about the Oscars? Why or why not?

Email ottawaletters@metronews.ca or [Twitter @metroottawa](https://twitter.com/metroottawa)

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Metro Minute with Janina Fialkowska

Pianist Janina Fialkowska joins the Chamber Players of Ottawa tonight at 8 for the first of two concerts celebrating the music of Mozart at Dominion-Chalmers United Church. Tonight's performance features Mozart's Concerto in C major, K. 415; the Concerto in Eb major, K. 449, and Eine Kleine Nachtmusik in its original cham-

ber music version.

Tickets for tonight's and tomorrow night's concerts are \$20 for adults, \$10 for students and \$40 for seating in a special reserved section. Special fundraising tickets are also available for \$200 and include a reception at b/Side bistro (223 Somerset) and a tax receipt for \$140.

● METRO



► Pianist Janina Fialkowska will join the Chamber Players of Ottawa for the first of two concerts tonight.

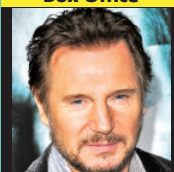
CONTRIBUTED

2
scene

Behind the scenes on the Red Carpet

► Metro talks to E! hosts Ryan Seacrest and Giuliana Rancic about the Hollywood Red Carpet experience ► How are they preparing for Oscar day? ► Who are some of the most elegant stars?

Box Office



Liam Neeson has proven himself a known quantity again at the box office. Neeson's thriller, *Unknown*, debuted as the No. 1 movie with \$21.8 million, following in the footsteps of his 2009 action hit *Taken*, according to studio estimates. Another action tale, *I Am Number Four*, opened at No. 2 with \$19.5 million.



A dogged Aussie filmmaking collective lands at the Oscars, with more movies to come

METRO: How do you remember all the things about each celebrity you interview on the Red Carpet?

RYAN: I happen to be a fairly ardent film and television junkie, which really helps. Plus I have a great team surrounding me who keep me informed so that I am never really out of the loop.

What is your opinion of Anne Hathaway and James Franco as hosts for the Oscars? Doesn't the show fare better with a comedian as host?

They are true movie stars, and I think they will have viewers eating out of their hands from the moment they walk onstage.

As a popular TV figure you surely get lots of attention when you travel. What is the strangest/funniest proposal you've received from a fan? Actually, fans are really lovely to me and rarely make inappropriate advances. Of course, there is always the odd stranger who approaches me in a busy airport and truly expects me to get them on *Idol* based on that chance meeting.

How do you keep things fresh after doing so many Red Carpets? Doesn't it get old?
Every awards show presents new opportunities because of the new material the actors do from year to

Red Carpet

► **Showtime.** *Live From The Red Carpet: The 2011 Academy Awards* airs Sunday, Feb. 27 starting at 6 p.m. ET on E!

year. Talking with Jeremy Renner about *The Hurt Locker*, for example, is very different than talking with him about *The Town*.

Who do you think throws the best after-party in Hollywood?

For sheer star power and glamour, you really can't beat the Vanity Fair party. It has become an institution and many stars feel like they have not "arrived" until they have been invited.

Who do you think are the most elegant/ fashionable male and female celebs who never disappoint on the

point on the Red Carpet?
In just a few short years, Anne Hathaway has really become one of the fashionistas to watch. Among the

guys, Clooney and Pitt never seem to disappoint fans.

Women spend hours reading for the Red Carpet. How about you, Ryan? Any special grooming regime to prepare for the big day?

There is not really a day that goes by that I am not on camera, so prepping for it is just part of my daily routine. On Red Carpet days, however, I do try to wait as late as possible to shave since my day starts so early. You just don't want to hug Meryl Streep with stubble, you know?

METRO: Do you actually watch all the nominated movies and shows? Where do you find the time?

GIULIANA: It is simply impossible to watch everything, so I really try to focus on the major categories and the "star vehicles" since I know I will likely be talking with those stars on the carpet. Luckily, by the time Oscars gets here, I've had more time to fill in some of the gaps after Golden Globes.

What is the weirdest thing you have seen on the Red Carpet?

One of the strangest things I've witnessed on the Red Carpet was when the gorgeous young actress Megan Fox said that she thought she looked like a transvestite when she looked in the mirror. She was dead serious when she said that in the interview and it shocked everyone because she is so stunning!

Who was the last celebrity who made you feel star struck, and why?
The last celebrity who made me feel star

struck was Al Pacino. At the last Emmy Awards, he arrived late and wasn't going to do any press, but I ran down to the carpet and brought him back up to the E! platform for an interview that ended up being great!

Do you do any special preparation regarding fashion for the Red Carpet? Do you read up on designers, or do you have people working for you who try to find out who will be wearing what so that you are prepared?

So, we have a fashion squad that is devoted to learning who will be wearing what leading up to the big day. I like to know the designers, trends, colours and silhouettes that are going to be the most prominent on the carpet beforehand so I can let the audience know what to expect.

How much of what you ask the stars on the Red Carpet is your personal choice and how much is from your team telling you what to ask?

Oh, it is a healthy combination of both. Since I research, write and report entertainment news every day, I already know a lot of what is topical and on viewers' minds. Luckily, I have great producers who will also tell me important bits of information.



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SURTITLES



PHOTO : ROLLINE LAPORTI

Folk-rock royalty: The next generation

► Rufus Wainwright announces birth of daughter ► Newborn's mom is offspring of Canadian folk icon Leonard Cohen

Montreal-raised singer Rufus Wainwright is a dad — and the baby is the grandchild of legendary musician Leonard Cohen.

Wainwright made the announcement on his website, saying Viva Katherine Wainwright Cohen was born Feb. 2 in Los Angeles.

He said the baby was born to "proud parents Lorca Cohen, Rufus Wainwright and Deputy Dad Jörn Weisbrodt."

Weisbrodt is Wainwright's romantic partner. Wainwright is the son of Loudon Wainwright III and the late Canadian folk singer Kate McGarrigle. Lorca Cohen's mother is artist Suzanne Elrod, who had two children with Leonard Cohen.

In the posting on his website, Rufus Wainwright referred to himself

as "Daddy #1."

"Daddy #1 would like to offer everyone a digital cigar and welcome the little lady in with a French phrase from his favourite folk song, A La Claire Fontaine: "Il y a longtemps que je t'aime, jamais je ne t'oublierai," Wainwright wrote.

He also pointed out that some articles have incorrectly characterized Lorca Cohen as "the surrogate."

"Of course, she is no such thing," Wainwright wrote. "She did not carry the child for someone else. Lorca Cohen is the mother of the baby and Rufus Wainwright is the father."

Wainwright has released several albums and recently wrote the opera Prima Donna.

THE CANADIAN PRESS

TIMES.COM



► Singer Rufus Wainwright is now a proud papa to Viva Katherine Wainwright Cohen.

ALL PHOTOS GETTY IMAGES

Talking points

Unlucky Number Four?

SPLITSVILLE. Dianna Agron and her I Am Number Four co-star Alex Pettyfer have split after less than a year together, according to Us Weekly.

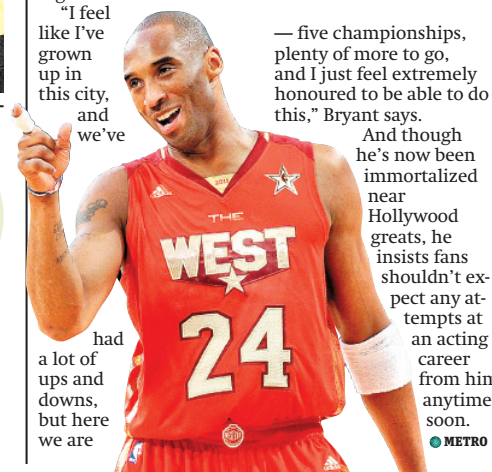
Sources say Agron has also moved out of the home she was sharing with the British actor. Less than a month ago, reports circulated that the pair was engaged to be married, which Agron's rep vehemently denied.

● METRO

Kobe feted in Hollywood

ACCOLADES. Kobe Bryant got his star on the Hollywood Walk of Fame recently and also became the first athlete to be honoured at Grauman's Chinese Theatre Saturday afternoon when his hands and feet were immortalized in cement, according to E! News.

"I feel like I've grown up in this city, and we've



had a lot of ups and downs, but here we are

Celebrity tweets

Jessica Alba
[@jessicaalba] No matter how full I am my tummy rumbles when I get a whiff of fresh popcorn. Ever happen to you?

Howard Stern
[@HowardStern] Watching american idol. I have gas but I'm holding it in out of respect for my wife.

Chris Colfer
[@chriscolfer] I waste so much thought searching for plots in music videos.

Sarah Silverman
[@SarahKSilverman] FUN TIP: Insulting a celebrity shows people that u know a celebrity! "Sly's great but he's SO Paranoid." ● METRO

Lainey's Oscar file

BEST ACTRESS: JENNIFER LAWRENCE

Winter's Bone

Lawrence's nickname is "Nitro," given to her because growing up in Kentucky she was a self-described tomboy who excelled at several sports and even played on an all-boys basketball team.

And don't accuse her of going all Hollywood.

Lawrence has insisted that there's a lot of "redneck" in her still, once joking that she's "attracted to her brother."

THE 83RD ANNUAL ACADEMY AWARDS AIR LIVE SUNDAY AT 8:30 P.M. ET ON CTV. CANADA'S OFFICIAL RED CARPET SPECIAL ETALK AT THE OSCARS AIRS ON CTV

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► Jennifer Lawrence

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Fitness future



Follow the progress of Metro writer Heather Buchan as she tests out the new Ubisoft game for Xbox Kinect — Your Shape Fitness Evolved — and compares it to the experiences of having a real life trainer. Her third story appears on Metronews.ca today and concludes with a wrap up story in the Feb. 28 edition of Metro.

● METRO



Self-injury YouTube videos may reinforce behaviour among viewers, study suggests

CARE enough to walk in their shoes

► Celebrity fitness trainer Ramona Braganza shares her new cause: CARE Canada's Walk in Her Shoes



RAMONA BRAGANZA
LIFE@METRONEWS.CA

Get ready to do some serious walking.

I always considered walking to be a terrific way to get fit, so when CARE got in touch with me to help them out with such a unique and worthy cause, I was more than excited to participate. CARE's Walk in Her Shoes is not only a great way to get fit, but to also experience what it must feel like to be one of millions of women and girls around the world who must walk an average of six kilometres (8,000 steps) a day to collect water or firewood, all the while carrying the equivalent of a heavy suitcase just to survive.

Here in Canada, the average person walks only 2,000 steps a day. For us walking is not a means of survival, but it can be a great way to get fit.

Walking 8,000 steps over the course of a day has such great benefits: studies show that walking can, among other things, reduce the risk of heart disease, lower blood pressure and reduce body fat. It requires no special training and no special equipment, and it's something we are meant as humans to do naturally.

Also, it can be a lot of



To take part

To help break the cycle of poverty and in celebration of the 100th anniversary of International Women's Day on March 8, CARE is challenging Canadians to either walk 8,000 steps a day from March 2, finishing on International Women's Day; or, build their own Walk in Her Shoes challenge, setting their own step count and timeframe.

► Visit care.ca/walkinhershoes and sign-up for Walk in Her Shoes or make a donation to support the challenge and CARE's work.

► For more tips from Ramona Braganza, visit metronews.ca/walkinhershoes

fun.

Participating in the Walk in Her Shoes one week challenge is a great



► CARE's challenge to Canadians: Walk 8,000 steps every day from March 2 until International Women's Day on March 8, or build your own Walk in Her Shoes challenge, setting a step count and timeframe that works best for you.

way to get hooked on walking on a regular basis. The pedometer you receive is a great tool to keep you accountable — almost like having a trainer right there beside you.

As a trainer I have a few

tips that I'll share with you over the next two weeks as I train along-side other Walk in Her Shoes participants. Visit metronews.ca/walkinhershoes to learn more. The most important tip to help you get started:

Wear proper shoes.

They must fit well, flex well and give you enough support. Walking shoes should be flat.

Comfortable running shoes work best for most walking programs.



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Brace for some cold weather workouts

► Ten tips on keeping your fitness routine on track throughout winter

DAILY SQUEEZE

LARRY TRACK

A LEADING FITNESS TRAINER, OWNER OF TRACK FITNESS IN TORONTO, TRACK IS A CONTRIBUTING EXPERT ON DAILY SQUEEZE.CA.



Staying in shape through the winter months can be a challenge. But maintaining an exercise routine should be a part of your lifestyle throughout the entire year. Here are my Top 10 tips for staying motivated as the mercury drops.

1. Get outside

Take advantage of the colder season by participating in activities you can only do this time of year, such as skiing, snowboarding or ice-skating.

2. Stay inside

If the weather is dreadful outside, stay motivated by introducing variety into your workouts. Try purchasing a new fitness toy, medicine ball, jump rope, exercise video or stability ball.

3. Drink more

When exercising in cold weather, it's harder to gauge your fluid loss, but it is still easy to become dehydrated. Fluid replacement is essential, even in chilly weather. Water is best.

4. Plan for indoor fitness

Rain and snow are no excuse. Plan ahead by finding an indoor location before you need it. This is a great time to window shop with five to 10 laps in your local mall.

5. Train for the summer



► Try new things to keep you active even when it's cold out.

If your favourite sport is golf or baseball, choose workouts that mimic motions used in these sports to keep those muscles strong, flexible and ready for spring.

6. Try new things

Try yoga, aerobics, indoor rock climbing or spinning. The more you challenge your muscles, the better results you can gain.

7. Layer up but don't overheat

Garments can be re-

moved and replaced as needed. Keep dri-fit based layers close to skin to absorb sweat, and wear a wind-protecting outer.

8. Adapt to indoor fitness

Changing workout conditions require a change in your shoes and other equipment too. Try a trail running shoe to keep you from slipping as you run.

9. Don't forget your hat

A hat or toque can prevent as much as 50 per cent of total heat loss when you're outside. Even better,

look for one made with dri-fit material to absorb sweat.

10. Set a goal for the spring.

Knowing you have a target to hit for the spring will keep you motivated throughout the winter. Sign-up for a half-marathon.

With a few more months to go, don't let winter get you down. Instead, embrace the chilly temps and keep moving the best you can.

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TUESDAY, FEBRUARY 22, 2011

Get those tired bones moving

► Exercise therapy best for treating chronic fatigue syndrome: study ► Goes against traditional thinking

The biggest ever study of chronic fatigue syndrome treatments has challenged the strategy championed by patient groups — taking it easy is not the best treatment, exercise and behaviour therapy are.

For years, patient groups warned such treatments could be dangerous, instead promoting a strategy known as adaptive pacing — which advises patients to adjust to their illness by simply doing less. But the study found that approach didn't help.

The research, published Friday in the medical journal, Lancet, concluded that behaviour and exercise seemed to moderately reduce fatigue and improve activity levels, while pacing and medical care was n't much help.

The findings also sug-

The study

Study looked at a number of approaches.

► **Research** In the study conducted across the U.K., British researchers analyzed common treatment approaches: cognitive behaviour therapy, which uses psychology to address fears of activity; exercise such as walking to boost energy; adaptive pacing and medical care, including self-help advice and drugs for insomnia or pain. More than 600 British patients were divided into four groups, and each given a strategy.

gest the crippling condition can sometimes be reversed.

"I hope more people will be convinced you can treat chronic fatigue syndrome and that this isn't necessarily something people will have forever," said Hans Knoop, a clinical psychologist at the Expert Centre for Chronic Fatigue in Nijmegen, the Netherlands, who co-authored an editorial on the research, which was funded by the U.K. Medical Research Council and others.

Chronic fatigue syndrome affects up to two per cent of people worldwide. It is characterized by persistent tiredness, muscle pain, insomnia and memory problems. The cause is unknown, though the syndrome can be triggered by certain viral infections and there is no cure.

THE ASSOCIATED PRESS

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Ces séances d'information sont financées par le gouvernement du Canada.

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I am sure you all have experienced that feeling of running into a friend you have not seen in a while. And there is something about them...you cannot put your finger on exactly what it is. **Yet somehow, they look fantastic... better than the last time you saw them.** If only you could figure out what that subtle change is!

Look at their smile. Do you notice a difference there? Perhaps they have had **veneers put on their teeth** to improve their colour, shape or hide chipped or worn teeth.

If that is the case, perhaps now is the time you should invest in creating the same WOW impact on other people!

Many of us have teeth that we try to cover up as much as possible. Perhaps we are trying to **hide discolouration** caused by smoking, coffee, red wine or even some forms of medication. Maybe **general wear and tear** is causing the teeth to crack or appear uneven in shape or colour. It may just be the **spacing you were born with** and have had your entire life.

Many of these cosmetic issues can be addressed with veneers.

So, what are veneers?

Quite simply, **veneers are small, tooth-sized ceramic shells that can be custom-fitted for your teeth.** Once



Dr. George Parry
Dental Surgeon

they are bonded to your teeth, veneers can cover discolouration, worn tooth enamel, uneven or chipped teeth, as well as poor spacing.

Veneers are quite strong and durable. In fact, **porcelain veneers can last up to 15 years** depending upon how well you take care of them. By way of comparison, **composite veneers will usually last up to 7 years.**

The first step in the installation procedure is to select your veneer. In order to ensure that it appears as natural as possible, you will work with your dentist to select a shade that **matches the colour of your surrounding teeth.**

Once you have selected the best

match, you should expect that your dentist will be required to **shape your existing tooth** to ensure a proper fit. Although this is not a painful procedure, your dentist may elect to use a local anesthetic just to ensure your comfort.

Depending upon your dentist and upon the type of veneer you have chosen, **you may require one or two visits to complete the process.** For instance, porcelain veneers need to be finished at a lab, meaning your dentist will take a mould of your mouth and install temporary veneers. In approximately two weeks, your permanent veneers should be ready to be put in place.

With composite veneers, your dentist may be able to use **E40 or Cerec technology to create the veneer in the dental office.** This means you would not have to return for a second visit. Talk to your dentist to determine if s/he uses this technology.

Either option can produce stunning results! So if there is something about your smile that is missing that WOW factor, talk to your dentist to see if veneers might help you get it! Because feeling WOW about yourself is a healthy habit...and healthy habits lead to healthy lives.

Dr. George Parry
- Dental Surgeon

To Go for Sushi or to go somewhere else?

► Although portions are large, this sushi bar might not be worth visiting

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONews.CA

One of the healthiest and fast food trends is sushi. It seems a sushi restaurant is popping up on every corner.

I recently dashed into Go for Sushi on Merivale Road for a quick lunch.

After ordering at the counter, I sat down to bask in the bright and sunny modern dining area.

As soon as one piece of my order was ready it was brought table-side. First out was the miso soup, which was cloudy and bland.

The Alaska maki rolls were a touch too large to



► Lunch Special: 5 pieces of spicy shrimp, Miso soup, Alaska maki and seaweed salad (\$9.99)

fit in my mouth in one bite, but the rice was firm and the shrimp was fresh.

The spicy shrimp rolled fresh to order contained a delicious combination of spice and texture.

I also ordered Go For

Sushi's mixed vegetable tempura, but was disappointed with the panko breading and greasy result.

Although the portions are large at Go For Sushi, I'd probably go for sushi somewhere else.

Go for Sushi

1667 Merivale Road
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Price range: \$
Reservations: No
Social lunch: Yes
Rating: 2.5 out of 5

Turkey and Broccoli Pasta



Yields: 4
Prep time:
20 mins
Cook time:
20 mins

EMILY RICHARDS
FOOD@METRONews.CA

Preparation:

1 In non-stick skillet heat oil over medium heat and cook onion, garlic, oregano and chillies for about 5 minutes or until softened. Add tomatoes and salt; bring to boil. Reduce heat and simmer for about 15 minutes or until thickened.

2 Meanwhile in large pot of boiling salted water cook pasta for 8 minutes. Add broccoli and cook for 2 minutes or until pasta and broccoli are tender but firm. Drain and return to pot. Add tomato sauce, turkey, parsley and Parmesan and toss to coat.

Ingredients:

- 1 tbsp (15 mL) olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 tsp (10 mL) oregano
- Pinch hot pepper flakes
- 1 can (28 oz/796 mL) diced tomatoes
- 1/2 tsp (2 mL) salt
- Pinch pepper
- 4 cups (1 L) penne pasta
- 3 cups (750 mL) chopped fresh broccoli
- 6 oz (180 g) deli sliced roast turkey, chopped
- 1/4 cup (50 mL) Italian parsley
- 1/3 cup (75 mL) grated Parmesan cheese

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMLYRICHARDSCOOKS.CA.



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LIFE IS FULL OF SURPRISES



► Monika & Tomasz

Names: Monika, 35, and Tomasz, 33

Hometown: Edmonton

Together since: 2008

Their story:

If there is one thing I (Monika) know for sure, it's that life is full of surprises, so be prepared!

I met my husband two years ago, thanks to "Our Class" — a sort of Polish Facebook.

Tom came across my profile as we had some mutual friends. When he noticed that we grew up in the same city in Poland, and that we both lived in Dublin at that time, he decided to email me.

Normally I wouldn't reply to strangers, but something just told me to write back.

After few days of emailing, we decided to meet. Before our first date, Tom told his friends that he had a feeling I would become his wife.

We started dating and were soon spending every minute together.

After a few months, I received a lovely birthday present: Tom whisked me

away to Paris for a fantastic getaway! One night was particularly special: We went for a dinner near the Eiffel Tower and Tom proposed to me at midnight — I immediately said yes! In 2009, we were married in Poland. We moved to Edmonton shortly thereafter to begin our new life as husband and wife.

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Smug Marrieds

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ACCEPTING THE ABSENT-MINDED

How come my husband always forgets stuff? I will call him at work to remind him, and it doesn't matter how many times I text him — he never comes home with the stuff I've asked for. Why? And what can I do to get him to remember?

Derek says...

Sounds like you're doing all the right things, but some leopards can't change their spots. Certain guys aren't hard-wired for this stuff. I'm not making excuses for him, I'm just saying.

Angela says...

Yeesh! If texting doesn't work, maybe he needs to

phone you as he's heading home for a verbal reminder?

The reality is that some people are just absent-minded no matter how hard they try.

And in a relationship, there will be one partner who is dominant when it comes to remembering to bring home bread and broccoli for dinner.

But maybe the other will remember when the car needs an oil change. If it all balances out, just accept — and embrace — the absent-minded professor in your life.

Hopefully he's aware he forgets and compensates in other areas.



Retire your ride before time runs out.

Retire Your Ride rewards Canadians for recycling their older polluting vehicles — but the program ends March 31st. Don't miss your chance to get cash, transit passes or more. If your vehicle's model year is 1995 or older, visit RetireYourRide.ca or call 1-877-PRE-1996 today.

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Five big before-you-borrow ifs

ON MONEY

ALISON GRIFFITHS
MONEY@METRONWS.CA



Here's how borrowing to contribute to your RRSP (in the biz world it's called leveraging), is supposed to work. You take out a loan, make the contribution, get a tax deduction and, hopefully, a refund. You repay the loan, the investments grow and you live happily ever after.

It's a great idea, on paper. In reality, I rarely see it work. People invariably fail to look at their own behaviour. If you haven't

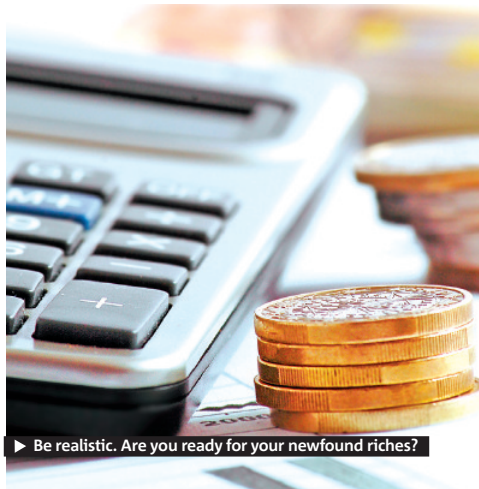
been able to make the RRSP contributions throughout the year, how are you going to pay back the loan?

I'm not ruling out borrowing for your RRSP contributions – but only if you can say yes to these five ifs.

If you have a taxable income You'd be shocked how often those with contribution room, but no taxable income, contemplate borrowing to deposit money in their RRSPs.

Obviously, the higher your marginal tax rate, the better the strategy looks. But don't forget that interest on money borrowed to contribute to an RRSP is not tax deductible.

If you don't have high interest, non-mortgage debt It makes absolutely no sense to borrow money for an RRSP when you're already paying high rates on credit card debt, (usually between 12 and 19 per



► Be realistic. Are you ready for your newfound riches?

cent), or on retail card balances (up to 29.9 per cent).

If you're disciplined enough to take the tax refund and slap it on the loan

If you can pay back the loan quickly Most in the financial industry suggest aim-

ing for a year, maximum, to discharge the debt, and I agree. By not paying it off within a year you risk making it a permanent part of your debt load.

If you can invest the money wisely There's nothing more disheartening than borrowing to contribute

to your RRSP then seeing that money shrink by 20

or 30 per cent because of stock market losses.

Money matters

If you can say yes to the five ifs, take a look at Credit Canada's RRSP loan calculator to see how it might work out for you. crediteducationweekcanada.com/calculators/rrsploan.html

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The great pension debate

► At some point you will have to make a choice about your pension ► Should you keep it with your employer, or should you take a lump sum cash payment and roll it into an RRSP?

INVESTING

TALBOT BOGGS

THE CANADIAN PRESS



It's now estimated that fewer than 40 per cent of Canadians are covered by a registered

pension plan.

A report by the Certified General Accountants Association of Canada (CGAAG) concludes that "the ability of Canadians to maintain a financially comfortable and healthy lifestyle after retirement has become one of the nation's most vexing challenges."

Canadian workers will at some point in their careers have to make a choice about their pensions — whether they keep it with their employer or whether they take

their contributions in a lump sum cash payment. "What's the best choice to make?" asks Scott Gerlitz, a financial adviser with Edward Jones in Calgary. "It's a big question. Unfortunately, many people don't know all their options and all the factors they should consider."

Many pensions don't have inflation protection. Most Canadians can expect to live in retirement for 30 to 35 years. An annual inflation rate of three per cent a year over 30 years can significantly reduce the buying power of a fixed pension at the end of that 30-year period.

Some options include taking your lump sum and rolling it into a personal RRSP or Locked-in Retirement Account (LIRA) and investing it in income-generating investments, such as GICs, bonds or blue chip dividend-yielding equities,



► Build a better future by planning for your retirement.

which can grow over the years and provide protection against inflation.

You've also got to think about the long-term future and viability of your pension payer. Just think of Nortel and Enron. "If people had drawn their pen-

sions they'd have all of it instead of zero," says Gerlitz. "As well, defined benefit pensions are going the way of the dodo bird."

There are basically two types of retirement plans: Defined Benefit plans pay fixed amounts, typically

between 60 to 70 per cent of the worker's salary.

Defined Contribution plans, however, have a fixed contribution, usually based on a percentage of the employee's salary and a portion of that matched by the employer.

3

LAST-MINUTE RRSP TIPS

Find an advisor

► Chasing returns or the next big thing can only lead to disappointment. Guidance from an experienced investment advisor will take emotion out of the mix and help you meet your financial goals.

Contribute now

► Don't worry about how to invest your RRSP contribution. Temporarily park your contribution in a money market fund today and rebalance your portfolio tomorrow.

Diversify

► Canada's equity market represents only about five per cent of the world's entire stock market. It makes sense to diversify your portfolio and invest in global markets.

NEWS CANADA



Income splitting

► "You can split registered pension plan income with your spouse and help save taxes, but you should also make sure you don't cause yourself other problems," said David Ablett, a retirement expert at Investors Group. "Many people aren't aware that increasing the income of the lower taxed spouse could have an impact on various credits." NEWS CANADA

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Anderson a hit after big debut



► Craig Anderson and Chris Neil celebrate a shootout win in Toronto.

► Leclaire assigned to Binghamton yesterday for a conditioning stint

Everyone loves a winner, especially the fans of the Ottawa Senators, since they haven't seen much of one this season.

For that reason, new goaltender Craig Anderson received one of the loudest ovations from the crowd at Scotiabank Place when he took to the ice yesterday during the Senators' skills competition.

Anderson, acquired Friday in a trade with the Colorado Avalanche, made quite a first impression a night later, stopping 47 shots and three more in the shootout to beat the Toronto Maple Leafs 1-0.

"It was a good feeling. Coming in here, the fans are welcoming to a new addition," Anderson said yesterday. "For me, it's just a matter of going out there and giving the team a chance to win and working as hard as I can and earning the respect of the people that are paying the tickets."

Any goalie that can stop the puck regularly is a welcome addition in Ottawa. To do it against their biggest rival is even better.

"It was the first (shootout) of the year, so it means a lot to me to get that underneath the belt and get that confidence rolling a little bit," the 29-year-old said. "Going in and doing it against Toronto is more of a media and fan thing than anything else."

The deal to bring in Anderson saw Brian Elliott

Ready to start

Anderson's 47 stops against the Leafs tied the Senators' regular-season record for most in a game.

► According to Elias Sports, he is just the fourth goalie since the NHL's expansion era to post a shutout in his first game with a team while facing at least 40 shots.

head in the other direction.

Elliott had some good moments in Ottawa, but was never able to prove that he'd be a true No. 1 goaltender.

Pascal Leclaire, often injured and in a contract year, will be allowed to walk away after the season.

The organization seems convinced that Robin Lehner will be their long-term solution, but the big Swede is still in his first professional year.

So Anderson will be the go-to guy for now.

According to a report in yesterday's Denver Post, Anderson supposedly turned down a two-year, \$7.5-million US extension last off-season to remain in Colorado. He's making \$1.812 million this year.

Anderson will become an unrestricted free agent this summer.

He's expected to make his first home start tomorrow against the Florida Panthers. **THE CANADIAN PRESS**

4

sports

Quoted



"I think everybody is waiting the next three days to see what happens, see the cosmetics, see if it's big."

NEW YORK KNICKS COACH MIKE D'ANTONI ON THE HYPE SURROUNDING CARMELO ANTHONY, PICTURED, AND WHICH TEAM HE MIGHT END UP ON AHEAD OF THURSDAY'S NBA TRADE DEADLINE

"We're ready for anything but we do business as usual."

Raonic continues to rocket up tour ranks

Despite losing Sunday's final in Memphis, Tenn., Milos Raonic has continued his rapid ascent up the ATP rankings — making Canadian tennis history in the process.

The 20-year-old from Thornhill, Ont., jumped 22 places to reach No. 37. He finished 2010 ranked as No. 156. Raonic becomes the highest-ranked Canadian singles player in the history of the ATP.

119 Raonic has moved up 119 spots in the ATP rankings since the end of 2010.

Vancouver's Rebecca Marino, meanwhile, vaulted 20 places to No. 60 in the WTA rankings. The 20-year-old reached Saturday's final in Memphis but had to retire with a left abdominal strain down 6-2 to Magdalena Rybarikova of Slovakia.

Raonic was beaten 7-6 (7), 6-7 (11), 6-4 by American Andy Roddick in the final of the Regions Morgan Keegan Championships on Sunday. Roddick remained at No. 8 in the rankings.

Raonic earned \$122,000 US as runner-up.

The hard-serving Canadian had won the previous weekend in San Jose, Calif., and his record stands at 12-3 this season.

THE CANADIAN PRESS

Sports in brief

Pens trade for scoring help

NHL. The Pittsburgh Penguins began addressing their banged-up lineup by acquiring forward James Neal from the Dallas Stars for defenceman Alex Goligoski.

The Penguins also got defenceman Matt Niskanen in the deal yesterday.

Neal is in his third NHL season and has 21 goals and 39 points in 59 games. **THE ASSOCIATED PRESS**

Twins' Morneau arrives at camp

MLB. Several of Justin Morneau's teammates greeted him in the clubhouse with big bear hugs.

The first baseman from New Westminster, B.C., checked into Hammond Stadium yesterday, a day ahead of the reporting date for position players.

Morneau's arrival has been eagerly anticipated after he missed the second half of last season with a concussion.

THE CANADIAN PRESS



Scan code for more sports

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	59	39	15	2	3	196	149	83	19-8-0-2	20-7-2-1	7-3-0-0	W1
d-Tampa Bay	59	34	18	3	4	179	185	75	19-7-1-3	15-11-2-1	5-3-0-2	L3
d-Boston	59	33	19	2	5	185	144	73	15-12-1-2	18-7-1-3	5-5-0-0	W2
Pittsburgh	61	36	20	2	3	178	147	77	20-11-1-0	12-9-1-3	4-5-0-1	L2
Washington	61	32	19	5	5	165	153	74	17-7-2-5	15-12-3-0	5-4-0-1	W2
Montreal	60	31	22	4	3	154	154	69	19-7-3-3	12-15-1-0	4-4-0-2	L3
NY Rangers	61	31	26	2	2	168	152	66	14-14-1-2	17-12-1-0	2-7-0-1	L2
Carolina	60	28	24	4	4	174	184	64	15-10-1-1	13-14-3-3	3-5-2-0	L1
Buffalo	58	27	25	6	0	166	171	60	12-15-2-0	15-10-4-0	5-4-1-0	L3
Atlanta	60	25	25	4	6	173	197	60	13-12-1-0	12-13-3-2	2-7-1-0	L3
Florida	59	25	27	3	4	155	163	57	12-11-3-3	13-16-0-1	3-5-1-1	L1
Toronto	59	25	27	3	4	150	179	57	13-11-3-3	12-16-0-1	6-2-1-1	L1
New Jersey	59	25	30	3	1	128	161	54	13-13-2-1	12-17-0-1	9-0-1-0	W7
NY Islanders	60	23	30	3	4	166	196	53	12-14-1-3	11-16-2-1	7-3-0-0	W2
Ottawa	59	19	31	5	4	132	194	47	9-16-2-3	10-19-3-1	2-6-1-1	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	60	38	13	4	5	202	142	85	21-4-1-4	17-9-3-1	7-3-0-0	W1
d-Detroit	59	37	16	4	2	199	169	80	17-8-3-1	20-8-1-1	7-3-0-0	W5
d-Phoenix	60	32	19	6	3	172	167	73	15-10-3-2	17-9-3-1	8-2-0-0	W7
San Jose	60	33	21	4	2	167	154	72	15-10-2-1	18-11-2-1	7-2-0-1	W3
Nashville	59	31	20	5	3	156	139	70	14-6-4-3	17-14-1-0	4-4-1-1	L1
Calgary	61	31	22	3	5	185	175	70	18-9-1-1	13-13-2-3	7-1-1-1	W3
Los Angeles	59	32	23	2	2	163	142	85	17-9-1-1	15-14-1-2	6-1-1-2	L2
Dallas	59	31	22	2	4	164	171	68	17-8-3-3	14-14-0-1	2-7-1-0	L4
Minnesota	59	31	22	1	5	154	155	68	15-12-0-3	16-10-1-2	6-3-0-1	L1
Anaheim	60	32	24	2	2	169	176	68	17-9-0-1	15-15-2-1	6-4-0-0	L3
Chicago	60	31	23	2	4	191	169	68	18-14-0-0	13-9-3-3	5-5-0-2	W2
Columbus	58	29	23	3	3	159	175	64	14-13-0-2	15-10-3-1	5-4-0-1	W1
St. Louis	58	27	22	4	5	163	172	63	18-9-1-3	9-13-3-2	5-3-1-1	L1
Colorado	59	25	27	7	0	173	202	57	14-14-0-0	11-13-3-0	0-9-1-0	L10
Edmonton	59	19	32	1	7	150	198	46	10-17-1-3	9-15-1-3	4-6-0-0	W3

d = division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results

Chicago 5 St. Louis 3
N.Y. Islanders 5 Florida 1
Washington 5 Pittsburgh 0
Sunday's results
Calgary 4 Montreal 0
Chicago 3 Pittsburgh 2 (SO)
Detroit 2 Minnesota 1 (SO)
Philadelphia 4 N.Y. Rangers 2
Washington 2 Buffalo 1
Tonight's games

N.Y. Islanders at Toronto, 7 p.m.
Phoenix at Philadelphia, 7 p.m.
N.Y. Rangers at Carolina, 7 p.m.
San Jose at Detroit, 7 p.m.
Nashville at Columbus, 7 p.m.
Edmonton at Minnesota, 8 p.m.
Colorado at St. Louis, 8 p.m. (rescheduled from Feb. 1)
New Jersey at Dallas, 8:30 p.m.
Montreal at Vancouver, 10 p.m.

ISLANDERS 5, PANTHERS 1

First Period

1. N.Y. Islanders, Moulson 24 (Tavares, Hamonic) 7:40
2. N.Y. Islanders, Moulson 25 (Parenteau, Hamonic) 14:58
Penalties — Garrison Fla (holding) 12:35, Weiss Fla (elbowing major, game misconduct) 15:40.
Second Period
3. N.Y. Islanders, Martinek 2 (Nielsen) 0:37 (pp)
4. N.Y. Islanders, Bailey 9 (Comeau, MacDonald) 6:41
Penalties — Hamonic NYI (hooking) 2:09, Ellerby Fla (holding) 9:37, Bernier Fla (fighting), Hamonic NYI (instigator, instigator, fighting; served by Haley) 18:36.

Third Period

5. Florida, Santorelli 17 (Garrison, Wideman) 10:34 (pp)
6. N.Y. Islanders, Moulson 26 (Hillen, Konopka) 17:23 (en)
Penalties — Allen Fla (interference) 3:41, Martinek NYI (tripping) 8:38, Hillen NYI (delay of game) 19:55.

Shots

Florida 3 9 9-21
N.Y. Islanders 16 9 12-37
Goal — Florida: Volkov (L.19-21-4); N.Y. Islanders: Montoya (W.3-0-0). **Power plays (goals-chances)** — Florida: 1-5; N.Y. Islanders: 1-5.

Att. — 13,729 (16,234) at Uniondale, N.Y.

HAWKS 5, BLUES 3

1. St. Louis, McDonald 13 (Berglund, Pietrangelo) 15:04 (pp)
2. St. Louis, Boyes 12 (Oshie, Winchester) 16:49

SCORING LEADERS

	G	A	PT
D.Sedin, Vcr	32	45	77
Stamkos, TB	40	35	75
H.Sedin, Vcr	14	58	72
St. Louis, TB	20	49	69
Crosby, Pgh	32	34	66
Perry, Ana	30	36	66
Zetterberg, Det	17	48	65
B.Richards, Dal	24	39	63
Ovechkin, Wash	23	38	61
E.Stral, Car	27	31	58
Iginla, Cal	25	32	57
Kesler, Vcr	33	23	56
Eriksson, Dal	19	36	55
Selanne, Ana	19	36	55
Kopitar, LA	17	38	55
Giroux, Pha	20	34	54

Not including last night's games

GAMES

CANADA GAMES

MEDAL STANDINGS

At Halifax	Gold	Silver	Bronze	Total
Province	27	26	18	71
Quebec	14	14	16	44
B.C.	14	13	14	41
Ontario	12	11	16	39
Alberta	4	2	3	9
Saskatchewan	2	2	4	8
Manitoba	0	2	3	5
N.B.	0	1	3	4
Yukon	3	0	0	3
Nova Scotia	1	0	1	2
N.W.T.	0	0	0	0
Nunavut	0	0	0	0
P.E.I.	0	0	0	0

SOCCER

SPAIN

La Liga

Yesterday's result
Real Sociedad 1 Mallorca 0

ENGLAND

FA CUP

Fifth round
Yesterday's result
West Ham 5 Burnley 1

TENNIS

WTA QATAR LADIES OPEN

At Doha, Qatar

Singles

First Round

Lucie Safarova, Czech Republic, def. Agnieszka Radwanska (7), Poland, 7-6 (3), 6-3.
Marion Bartoli, France, def. Alisa Kleybanova, Russia, 7-5, 6-2.
Nadia Petrova, Russia, def. Roberta Vinci, Italy, 6-4, 6-2.

ATP DUBAI DUTY FREE CHAMPIONSHIPS

At Dubai, United Arab Emirates

Singles

First Round

Tomas Berdych (3), Czech Republic, def. Jeremy Chardy, France, 6-2, 6-3.
Sergei Bubka, Ukraine, def. Ivan Ljubicic (5), Croatia, 6-1, 0-1 (retired).
Ernesto Gulbis (8), Latvia, def. Michael Berrer, Germany, 6-3, 6-4.
Philipp Petzschner, Germany, def. Andreas Seppi, Italy, 3-6, 7-6 (2), 6-2.
Lukas Rosol, Czech Republic, def. Karol Beck, Slovakia, 7-6 (2), 6-3.
Richard Gasquet, France, def. Grigor Dimitrov, Bulgaria, 6-2, 6-4.
Florian Mayer, Germany, def. Jarkko Nieminen, Finland, 6-4, 6-2.

ATP WORLD TOUR RANKINGS

Through Feb. 20

1. Rafael Nadal, Spain, 12390
2. Roger Federer, Switzerland, 7965
3. Novak Djokovic, Serbia, 7880
4. Robin Soderling, Sweden, 6055
5. Andy Murray, Britain, 5760
6. David Ferrer, Spain, 4510
7. Tomas Berdych, Czech Republic, 4270
8. Andy Roddick, United States, 3735
9. Fernando Verdasco, Spain, 3140
10. Jurgen Melzer, Austria, 2865
11. Mikhail Youzhny, Russia, 2710
12. Gael Monfils, France, 2560
13. Nicolas Almagro, Spain, 2320
14. Ivan Ljubicic, Croatia, 2145
15. Stanislas Wawrinka, Switzerland, 2125
16. Marandy Fish, United States, 2121
17. Jo-Wilfried Tsonga, France, 1975
18. Viktor Troicki, Serbia, 1670
19. Milos Raonic, Thornhill, Ont., 1134

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE

DETROIT TIGERS — Agreed to terms with RHP Robbie Weinhardt, LHP Andy Oliver, LHP Daniel Schlereth, LHP Brad Thomas, INF Cale Iorg and INF Will Rhymes on one-year contracts.
SEATTLE MARINERS — Agreed to terms with RHP Doug Fister, RHP Jose Flores, LHP Cesar Jimenez, RHP Josh Lueke, RHP Yorvis Medina, LHP Edward Paredes, RHP Michael Pineda, LHP Mauricio Robles, RHP Chaz Roe, RHP Tom Wilhelmson, INF Alex Liddi, INF Matt Mangini, INF Justin Smoak, INF Matt Tuasosopo, OF Joehymn Chavez and OF Carlos Peguero on one-year contracts.

NATIONAL LEAGUE

ATLANTA BRAVES — Signed executive vice president and general manager Frank Wren to a two-year contract extension through the 2013 season.

HOUSTON ASTROS — Agreed to terms with RHP Alberto Arias on a one-year contract.
NEW YORK METS — Named Dave Jauss coordinator of staff development, Brian Chicklo medical coordinator, Rick Tomlin roving pitching instructor, Mark Brewer short-season roving pitching instructor, Jack Voigt outfield/baserunning coordinator and Randy Niemann rehabilitation pitching coordinator.
WASHINGTON NATIONALS — Announced RHP Luis Adriano cleared waivers and was assigned to Syracuse (IL).

AMERICAN ASSOCIATION

AMARILLO SOX — Traded INF Javier Brito to Sioux City for RHP Chad Povich and a player to be named.
FORT WORTH CATS — Signed RHP Doug Hum.

CAN-AM LEAGUE

NEW JERSEY JACKALS — Signed LHP Isaac Pavik.
WORCESTER TORNADES — Signed INF Abraham O. Nunez.

FRONTIER LEAGUE

GATEWAY GRIZZLIES — Signed SS Jeremy Cresswell and OF Lyndon Estill.
JOLIET SLAMMERS — Signed LHP Keith Rizer, RHP Spencer Roberts, OF Nate Shaver and OF Clint Stroud.
LAKE ERIE CRUSHERS — Signed RHP Matt Smith to a contract extension.
NORMAL CORNBELTERS — Signed OF Colin Mormal.

FOOTBALL

NFL

CINCINNATI BENGALS — Named James Urban receivers coach.
MIAMI DOLPHINS — Named Bryan Cox pass rush coach.
MINNESOTA VIKINGS — Designated LB Chad Greenway as the franchise player.

HOCKEY

NHL

OTTAWA SENATORS — Assigned G Pascal Leclaire to Binghamton (AHL) for conditioning.
ST. LOUIS BLUES — Assigned D Tyson Strachan to Peoria (AHL).
VANCOUVER CANUCKS — Called up C Cody Hodgson from Manitoba (AHL). Sent D Evan Oberg to Manitoba.

AHL

CONNECTICUT WHALE — Signed F Alexandre Imbeault. Reassigned G Cameron Talbot to Greenville (ECHL).

ECHL

READING ROYALS — Announced D Louis Liotti was loaned to Lake Erie (AHL). Acquired G Bobby Jarosz from South Carolina for future considerations. Released G Shane Davis. Announced F Ryan Crutcher was assigned to the team by Hershey (AHL).

CURLING

SCOTTIES TOURNAMENTS OF HEARTS

At Charlottetown

Round Robin

Province (Skip)	W	L
Ontario (Homan)	5	0
Saskatchewan (Holland)	5	0
Canada (J.Jones)	3	2
Alberta (Kleibrink)	3	2
Nova Scotia (Smith-Dacey)	3	2
Quebec (Laroche)	2	3
New Brunswick (A.Kelly)	2	3
P.E.I. (Birt)	2	3
B.C. (K.Scott)	2	3
Manitoba (Overton-Clapham)	1	4
NWT/Yukon (Galusha)	1	4
N.L. (S.Devereaux)	1	4

Yesterday's results

Sixth Draw
Ontario 8 Prince Edward Island 2
Saskatchewan 8 Alberta 6
Seventh Draw
Canada 9 New Brunswick 3
Northwest/Yukon Territories 6 Newfoundland & Labrador 5
Nova Scotia 12 British Columbia 6
Quebec 7 Manitoba 6
Eighth Draw
Alberta 8 Newfoundland & Labrador 5
Ontario 6 British Columbia 5
Prince Edward Island 8 Canada 6
Saskatchewan 7 Quebec 6
Sunday's results

Third Draw

British Columbia 6 Manitoba 4
Canada 12 Northwest/Yukon Territories 1
Newfoundland & Labrador 10 New Brunswick 4
Quebec 10 Nova Scotia 5
Fourth Draw
Alberta 7 British Columbia 6 (extra end)
Ontario 7 Newfoundland & Labrador 1
Prince Edward Island 10 Quebec 5
Saskatchewan 9 Canada 3
Fifth Draw
New Brunswick 9 Manitoba 3
Nova Scotia 8 Northwest/Yukon Territories 2
Ontario 10 Alberta 7
Saskatchewan 10 Prince Edward Island 6

Today's games

Ninth Draw, 8:30 a.m.
Nova Scotia vs. Manitoba; Canada vs. British Columbia; New Brunswick vs. Northwest/Yukon Territories; Newfoundland & Labrador vs. Quebec.
Draw 10, 1:30 p.m.
British Columbia vs. Quebec; Prince Edward Island vs. Alberta; Newfoundland & Labrador vs. Canada; Ontario vs. Saskatchewan.

Draw 11, 6:30 p.m.
Northwest/Yukon Territories vs. Saskatchewan; New Brunswick vs. Ontario; Nova Scotia vs. Prince Edward Island; Alberta vs. Manitoba.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	9	7	2	.778	101	78	—
Boston	9	6	3	.667	99	81	1
Buffalo	7	4	3	.571	78	67	2
Rochester	8	4	4	.500	72	87	2 1/2
Philadelphia	8	4	4	.500	69	81	2 1/2

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	8	5	3	.625	91	89	—
Minnesota	8	4	4	.500	80	74	1
Washington	9	4	5	.444	115	108	1 1/2
Edmonton	8	2	6	.250	84	97	3
Colorado	8	1	7	.125	70	94	4

WEEK EIGHT

Saturday's games

Toronto at Philadelphia, 7:30 p.m.
Edmonton at Rochester, 7:35 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	40	14	.741	—
d-Miami	41	15	.732	—
d-Chicago	38	16	.704	2
Orlando	36	21	.632	5 1/2
Atlanta	34	21	.618	6 1/2
New York	28	26	.519	12
Philadelphia	27	29	.482	14

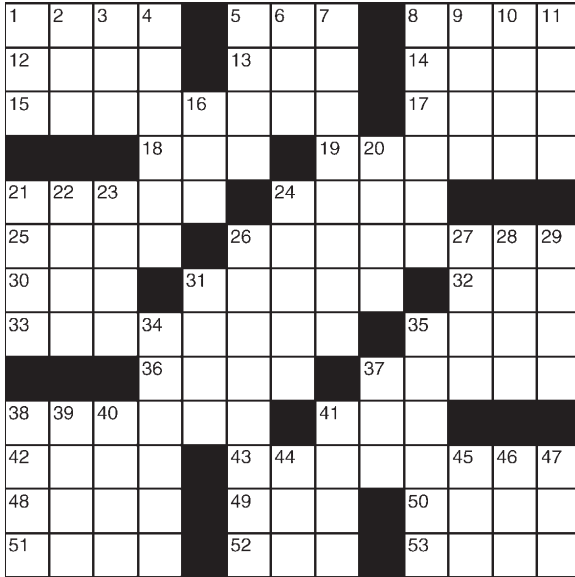
Crossword

Across

- 1 St. Louis team
- 5 Lingerie item
- 8 Tubular pasta
- 12 Concept
- 13 Chow down
- 14 Paradise
- 15 Historically significant symbol
- 17 Blueprint
- 18 Police officer
- 19 Yellow-brown colors
- 21 Bit part
- 24 Black plus white
- 25 Palette selections
- 26 Canadian city
- 30 Greek H
- 31 Trio of goddesses
- 32 Portion of N.A.
- 33 Kingdom
- 35 "Animal House" group
- 36 Taverns
- 37 Run off to wed
- 38 Tropical fruit
- 41 Past
- 42 Grand-scale tale
- 43 One-track transport
- 48 Birthright barterer
- 49 Prior night
- 50 Sorts
- 51 Umps
- 52 Spotted
- 53 "Monopoly" card

Down

- 1 Edge
- 2 Commotion
- 3 Chaps
- 4 Pasta toppings
- 5 Gridlock sound
- 6 Operated

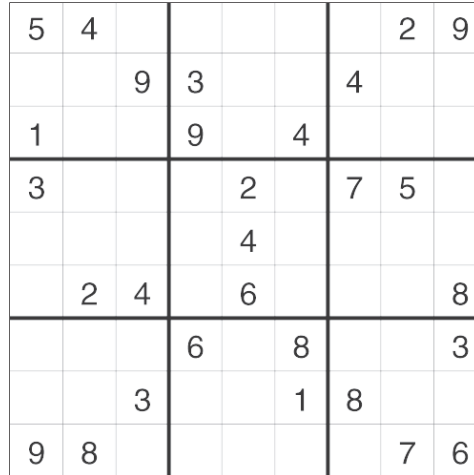


- 7 Lawyer
- 8 Gentle breeze
- 9 Not working
- 10 Rip
- 11 Hostels
- 16 Cattle call
- 20 Eliot-based musical
- 21 Sci. course
- 22 Car
- 23 Intend
- 24 Barbarians
- 26 Knotted fringes
- 27 Franc replacement
- 28 Now, on a memo
- 29 Tardy
- 31 Unravel
- 34 Old calculator
- 35 Ornate, as prose
- 37 Id counterpart
- 38 Juror, in theory
- 39 Church section
- 40 Chanteuse Edith
- 41 From the beginning
- 44 Eggs
- 45 Hearty brew
- 46 Eisenhower
- 47 1960s hallucinogen

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Yesterday's answer

4	6	8	7	9	2	3	5	1
5	1	9	4	6	3	8	2	7
3	2	7	8	1	5	9	6	4
6	8	5	3	2	1	7	4	9
1	7	4	5	8	9	6	3	2
9	3	2	6	7	4	1	8	5
2	5	1	9	3	6	4	7	8
7	9	6	2	4	8	5	1	3
8	4	3	1	5	7	2	9	6

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Tima, we've been through so much awesomeness together and the best part is that we know it gets even better. Keep being cute and we'll take over the world soon =) I love you and me baby! LOVE, YOUR UBECAKES! <3

To the greatest fiance ever, You are my rock when my legs waver, you are my light when I lose my way to darkness, and most of all you are the love that makes me the happiest I've ever been in all my life. I love you with all of my three and a quarter hearts! WITH LOVE LOVE & MORE LOVE, VIKKE

Erica, I thank God every day that you came into my life and cannot wait for the next time I can hold you in my arms. You are my reason for waking up every morning. MIKE

Today

-6°/-15°
Sunny

Wednesday

-2°/-9°
Sunny



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Today's horoscope

♈ Aries March 21-April 20 You may not be getting the breaks you desire, but complaining won't change anything. Take a look at your philosophy of life. Can it be improved in any way? The breaks will come when you break free of old ways.

♉ Taurus April 21-May 21 If a friend makes a suggestion today don't reject simply because it does not fit with what you want for yourself. Maybe he or she can see your situation better than you can.

♊ Gemini May 22-June 21 No matter how talented you are, there is only so far you can go on your own. The sooner you accept that, the sooner you'll make progress. Work with people who share your aims.

♋ Cancer June 22-July 22 The Sun in your fellow Water sign of Pisces will protect you from harm in most situations but that is not an invitation to take silly risks. You're not invincible.

♌ Leo July 23-Aug. 23 Focus on the good things in your life and pretend that the bad things do not exist. Is it wishful thinking? Is it self-delusion? Maybe. But reality is what you want it to be.

♍ Virgo Aug. 24-Sept. 22 What happens today will test your self-restraint to its limits. Hopefully, you will resist the urge to rant and rave and make accusations because no matter what might have upset you, it's really not worth getting worked up about.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23 You might find it hard to make much of an effort today but why should that bother you? Everyone knows what you are capable of, so you really don't have to prove yourself.

♏ Scorpio Oct. 24-Nov. 22 The Sun in Pisces endows you with boundless energy. Just because something excites you, does not mean it will excite everyone. We're all different.

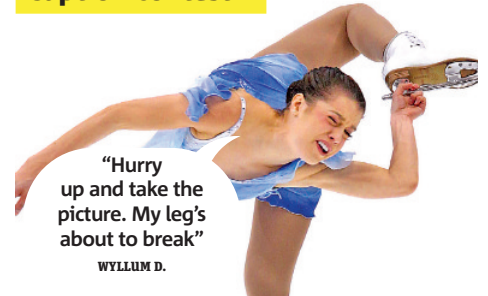
♐ Sagittarius Nov. 23-Dec. 21 It is one of the laws of the universe that the more you give, the more you get. So, go all out to bestow good things on other people today. Before you know it, good things will be flowing into your life in abundance.

♑ Capricorn Dec. 22-Jan. 20 You may be tough enough to take the slings and arrows of misfortune in your stride, but you don't have to make life difficult for yourself. You certainly don't have to face challenges alone. Get help if you need it.

♒ Aquarius Jan. 21-Feb. 18 Stop trying so hard today. That applies to all areas of your life, but especially to your finances. Money will find its way to you when you need it most.

♓ Pisces Feb. 19-March 20 Your mind is a powerful tool and the way you choose to think determines what kind of experiences come your way. Think only positive thoughts and only positive things will happen. **SALLY BROMPTON**

Caption contest

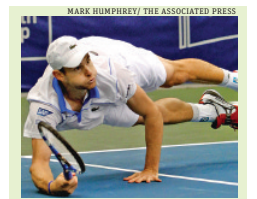


"Hurry up and take the picture. My leg's about to break"

WILLIUM D.

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Add taxes & other fees: \$133

GRENADA via Toronto
Grenadian by rex resort (★★★★)
Hillside rm. • Mar. 19 • 1 wk.

\$989

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ANTIGUA via Toronto
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BAHAMAS | Nassau via Toronto
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DOMINICAN REPUBLIC | Punta Cana
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\$999

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Iberostar Laguna Azul

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